

# Postgraduate Certificate

## Nutrition in Childhood and Adolescence





## Postgraduate Certificate

### Nutrition in Childhood and Adolescence

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/pk/nutrition/postgraduate-certificate/nutrition-childhood-adolescence](http://www.techtitute.com/pk/nutrition/postgraduate-certificate/nutrition-childhood-adolescence)

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# 01

# Introduction

Correct nutrition during the growth stage in the child and adolescent patient is essential for the correct development of their body. It is necessary to instill a healthy, balanced diet adapted to their energy needs, focusing on nutritional education and healthy living habits. For this reason, the nutritionist must know and be up to date with the latest developments related to the advances that have been made in this field, referring to more specific diets and aspects of food personalization according to the patient's pathophysiology. You will find everything you need to know in this complete program that delves, intensively and in just 6 weeks, into the essential aspects of Nutrition in childhood and adolescence through a 100% online, comfortable, accessible and flexible format. .





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*Get up-to-date on the causes and interrelated factors of childhood obesity with this very complete 100% online Postgraduate Certificate”*

Complete and balanced nutrition during the periods of childhood and adolescence is essential to guarantee the correct development of the body. However, according to the World Health Organization, the increase in cases of overweight and obese children and young people has multiplied exponentially, seriously affecting their physical and psychological development and contributing, above all, to the appearance of cardiovascular diseases. and hepatic at early ages.

However, this is an avoidable situation, among other aspects, through of food planning adapted in a personalized way for each case. For this reason, this Postgraduate Certificate in Nutrition in Childhood and Adolescence is the perfect academic complement for any specialist who wants to update their knowledge and get up to date on everything related to nutritional education in child and adolescent patients.

This is a 100% online degree that delves into the causes and factors of obesity, as well as its risks and prevention. It also includes the latest news related to feeding models and their recommendations based on the patient's situation. In addition, the graduate will be able to delve into the nutritional approach in special situations such as celiac disease, diabetes or dyslipidemia.

In order to do this, you will have the best theoretical syllabus, designed by a team of experts in Nutrition and Endocrinology, who have also selected hours of varied and high-quality additional material to delve deeper into the concepts that you consider most relevant. All content will be available from the beginning of the course, and can be downloaded at any time and on any device with an internet connection for later consultation.

This **Postgraduate Certificate in Nutrition in Childhood and Adolescence** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of practical cases presented by experts in Nutrition and Endocrinology
- The graphic, schematic and eminently practical content with which it is conceived collects scientific and practical information on those disciplines that are essential for professional practice
- Practical exercises where self-assessment can be used to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection



*You will learn about the current obesogenic environment in children's environments from an individual, family and socioeconomic point of view"*

“

*For this Postgraduate Certificate, the teaching team has selected several clinical cases in which you will have to put your nutritional strategies into practice based on the characteristics of the patient”*

*It delves dynamically and exhaustively into growth alterations caused by nutrition and knows in detail the most effective recommendations to avoid them.*

*Be up to date on the risks of childhood obesity and dietary and physical activity strategies will allow you to approach your patients with more alternatives.*

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, students will be assisted by an innovative, interactive video system created by renowned and experienced experts.



# 02 Objectives

The seriousness of the situation in terms of the increase in the number of cases of overweight or obese children and adolescent patients is what has led TECH to develop this Postgraduate Certificate. It is an intensive program that pursues the objective of serving as a guide for the graduate in updating everything related to the prevention and treatment of this disease, placing special emphasis on the most modern and effective nutritional strategies.





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*If your goals include perfecting the personalized calculation of plans for the treatment of obesity in children or adolescents, this Postgraduate Certificate is perfect for you”*



## General Objectives

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- Get up to date on the most relevant and innovative issues related to the nutritional management of young patients with dietary imbalances
- Improve your professional skills through the development of real clinical cases extracted from current consultations

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*You will have access to the Virtual Classroom 24 hours a day, so you can organize this experience in a personalized way and meet all the objectives you set for yourself”*





## Specific Objectives

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- Update knowledge on childhood and adolescent overweight and obesity, epigenetic factors and advances in multidisciplinary management and treatment with special focus on the nutritional approach
- Broaden the specific therapeutic approach to eating disorders and genetic syndromes associated with nutritional alterations
- Study new evidence on feeding models in pediatrics and adolescent medicine and useful tools for consultation
- Approach nutrition adapted to pediatric pathology

03

# Course Management

For the direction and teaching of this Postgraduate Certificate, TECH has selected a team of experts in Endocrinology and Nutrition from different areas, but with a wide and extensive work history in common. This is a group of active professionals who will provide the program with a critical, current and personal character, based on their own experience, but following the guidelines of current reality. An aspect that the graduate will be able to take advantage of to learn more about the ins and outs of the profession.



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*The teaching team will propose topics for debate in the Virtual Classroom forum, in which you can participate and learn the opinion of professionals from other parts of the world”*

## Management



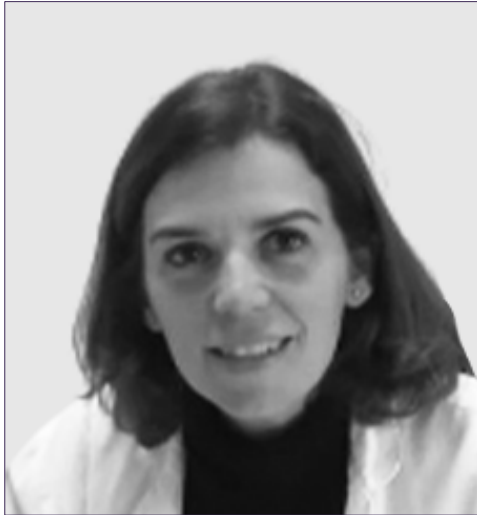
### Dr. Vázquez Martínez, Clotilde

- ♦ Corporate Head of the Endocrinology and Nutrition Departments, Jiménez Díaz La Foundation
- ♦ Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- ♦ Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- ♦ President of La Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid SENDIMAD ()
- ♦ Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- ♦ Doctorate from the Faculty of Medicine at the Autonomous University of Madrid
- ♦ Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- ♦ Specialist in Pediatric Endocrinology and Nutrition at the university Foundation Jimenez Díaz Hospital
- ♦ Abraham García Almansa Clinical Nutrition Lifetime Achievement Award
- ♦ Recognized among the 100 best Doctors in Spain according to Forbes list
- ♦ Castilla - La Mancha Diabetes Foundation (FUCAMDI) Diabetes and Nutrition Lifetime Achievement Award



### **Dr. Sánchez Jiménez, Álvaro**

- ♦ Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation Hospital university
- ♦ Nutritionist at Medicadiet
- ♦ Clinical Nutritionist specialized in prevention and treatment of obesity, diabetes and their comorbidities
- ♦ Nutritionist in the Predimed Plus Study
- ♦ Nutritionist at Eroski
- ♦ Nutritionist at Axis Clinic
- ♦ Professor, Master's Degree in in Obesity and comorbidities, Rey Juan Carlos University
- ♦ Professor of the Excellence Course in Obesity at the Jiménez Díaz Foundation University Hospital
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Nutrition in the Elderly, Complutense University of Madrid
- ♦ Nutrition and Sport for Professionals, Tripartite Foundation
- ♦ Refresher course on practical type 1 and 2 diabetes for healthcare professionals



### Dr. Montoya Álvarez, Teresa

- ♦ Head of the Endocrinology and Nutrition Service of the Infanta Elena University Hospital
- ♦ Head of Volunteering at the Garrigou Foundation
- ♦ Graduate in Medicine and Surgery from Universidad de Navarra
- ♦ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Course in Bariatric Antecedents of Surgery Patient Emergencies: Key References for the Attending Physician
- ♦ Member of: Institute for Health Research Foundation Jiménez Díaz, Health Commission of FEAPS Madrid, Trisomy 21 Research Society

## Professors

### Dr. Núñez Sanz, Ana

- ♦ Dietician and nutritionist, expert in pregnancy, breastfeeding and infancy
- ♦ López-Nava Obesity Nutritionist
- ♦ Nutritionist at Medicadiet
- ♦ Dietitian and Nutritionist *Freelancer*
- ♦ Dietitian and nutritionist at Menudiet SL
- ♦ Contributor on food and nutrition in Castilla La Mancha Television
- ♦ Promoter of talks and workshops on healthy eating for kindergartens, schools and companies
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ♦ Master's Degree in Nutrition and Health at the Open Official of Catalonia

### Ms. Labeira Candel, Paula

- ♦ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ♦ Sports and clinical nutritionist at the Clinic Institute of Instituto de Sobrepeso y Obesidad
- ♦ Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- ♦ Sports Nutritionist at the CF TrivalValderas de Alcorcón
- ♦ Food and water quality analyst in the Andalusian Health Service
- ♦ Diploma in Human Nutrition and Dietetics at the Pablo Olavide University of Seville
- ♦ Bachelor 's Degree in Food Science and Technology
- ♦ Diploma in Human Nutrition and Dietetics
- ♦ Master's Degree in Sports Training and Nutrition at the European University of Madrid



**Dr. Prieto Moreno, Ana**

- ♦ Nutritionist in the Department of Endocrinology and Nutrition at Jiménez university Foundation Hospital
- ♦ Nutritionist at the General Hospital of Villalba
- ♦ Nutritionist at the Infanta Elena University Hospital
- ♦ Nutritionist in the Superior Sports Council
- ♦ Nutritionist at WWF
- ♦ Nutritionist at Medicadiet
- ♦ Nutritionist at Sanitas Insurance Company
- ♦ Nutritionist at La Paz University Hospital
- ♦ Nutritionist at the Mapfre Foundation
- ♦ Nutritionist at Copernal Publishing
- ♦ Nutritionist at Diabetes Magazine
- ♦ Master in Obesity and its Comorbidities, Prevention Strategies, Diagnosis and Integral Treatment at the University of Alcalá
- ♦ Master in Physical Anthropology, Human Evolution and Biodiversity at the Complutense University of Madrid
- ♦ Degree in Human Nutrition and Dietetics at the Autonomous University of Madrid

**Dr. Fernández Menéndez, Amanda**

- ♦ Doctor Specialist in Pediatric Endocrinology and Nutrition at the university Foundation Jimenez Diaz Hospital
- ♦ Specialist in Pediatrics, Centro de Salud Doctor Castroviejo( SERMAS)
- ♦ Attending physician specializing in Pediatric Endocrinology and Nutrition at La Paz University Hospital
- ♦ International Cooperation in Health and Development in India (development of health projects in the field)
- ♦ Degree in Medicine and Surgery from the Autonomous University of Madrid
- ♦ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Expert in Clinical Bioethics from the Complutense University

# 04

# Structure and Content

The success of this university lies in the quality of its programs, which, despite being presented in a convenient online format and guaranteeing a reduction in the teaching load, have a very high level of training, higher than that of any face-to-face program. This is possible thanks to the use of the best and most sophisticated academic tools, the most avant-garde pedagogical methodology and the collaboration of the teaching team. All of this allows TECH to create highly beneficial programs for the professional development of any graduate through an educational experience adapted to your needs and those of the market.





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*A unique opportunity to take another step in your professional career as a nutritionist through exhaustive knowledge of a problem as significant today as childhood obesity”*

## Module 1. Nutrition in Childhood and Adolescence

- 1.1. Causes and Interrelated Factors of Childhood Obesity
  - 1.1.1. Obesogenic Environment in Childhood
  - 1.1.2. Assessment of Individual, Family and Socioeconomic Problems
- 1.2. Risks of Childhood Obesity
  - 1.2.1. Prevention and Adapted Diet Therapy
  - 1.2.2. Physical Activity and Physical Exercise
- 1.3. Nutritional Education
  - 1.3.1. Nutritional Recommendations
  - 1.3.2. Personalized Calculation of Plans for the Treatment of Childhood and Adolescent Obesity
- 1.4. Dietary Patterns and Food Recommendations
  - 1.4.1. Consultation Tools
- 1.5. Genetic Alterations and Predisposition to Obesity in Children and Adults
- 1.6. Prevention and Management of Other Eating Disorders in Children and Adolescents
- 1.7. Psychological Aspects of Childhood Obesity in Nutritional Consultation
- 1.8. Nutrition in special situations: celiac disease. Food Allergy
- 1.9. Nutrition in special situations: Diabetes and Dyslipemia
- 1.10. Nutrition and Growth Disorders
  - 1.10.1. Nutrition in Later Stages of the Preterm or SGA Patient





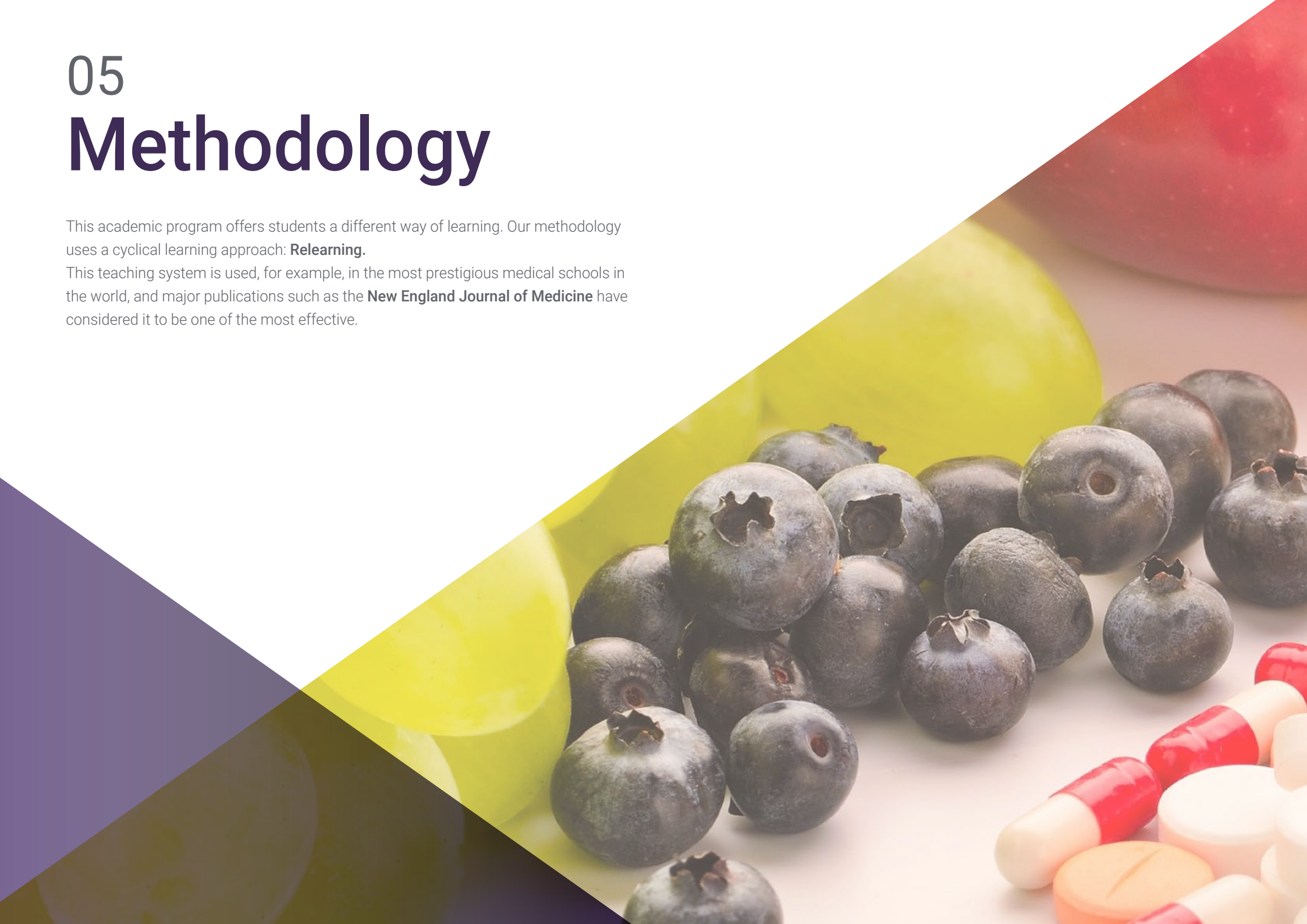
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*Enroll now and start whenever you want. You have up to 6 weeks to finish this Diploma, but you can download all the content and consult it whenever you need it”*

# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





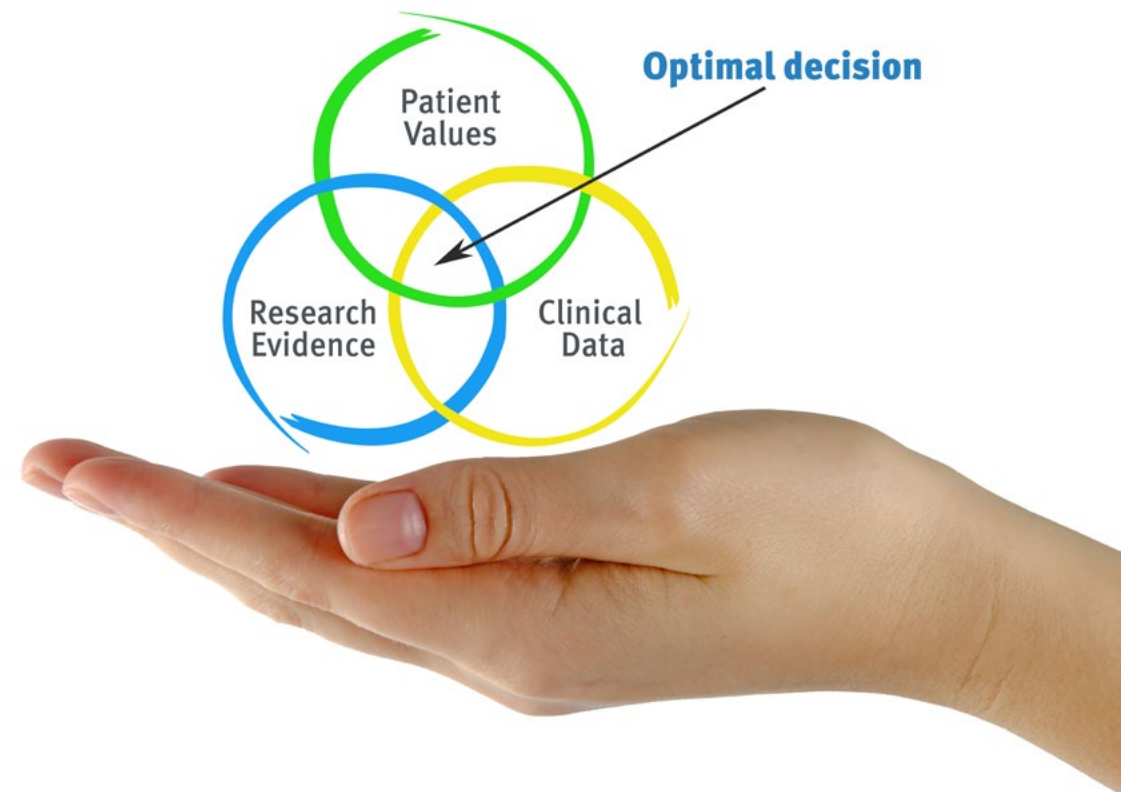
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*

## At TECH we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH, nutritionists can experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a “case”, an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions of professional nutritional practice.



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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*The nutritionist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



### Interactive Summaries

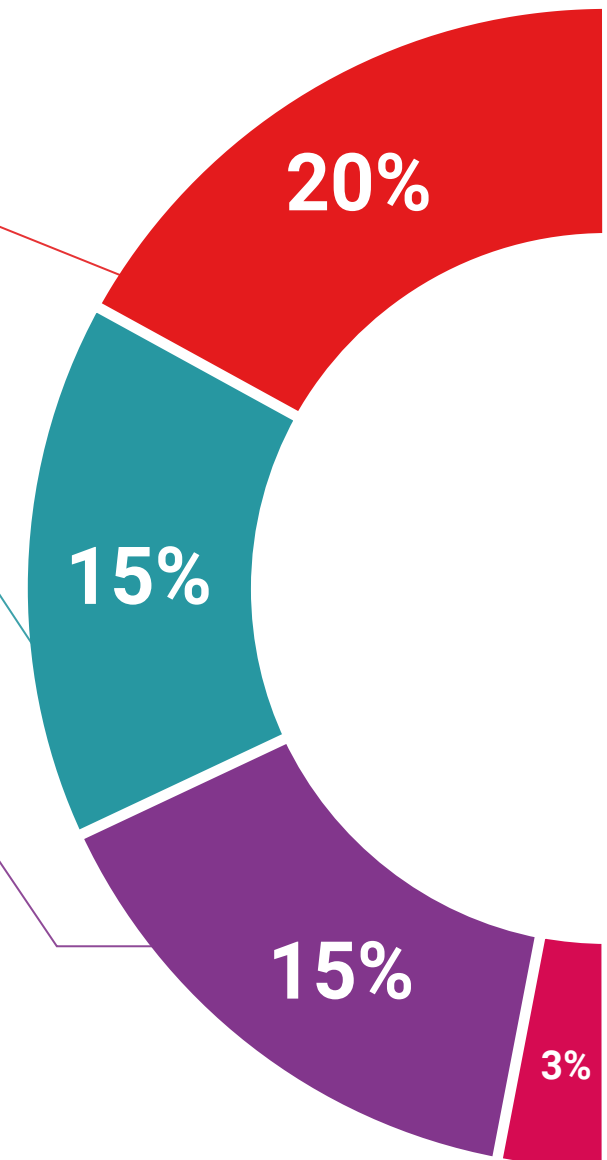
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

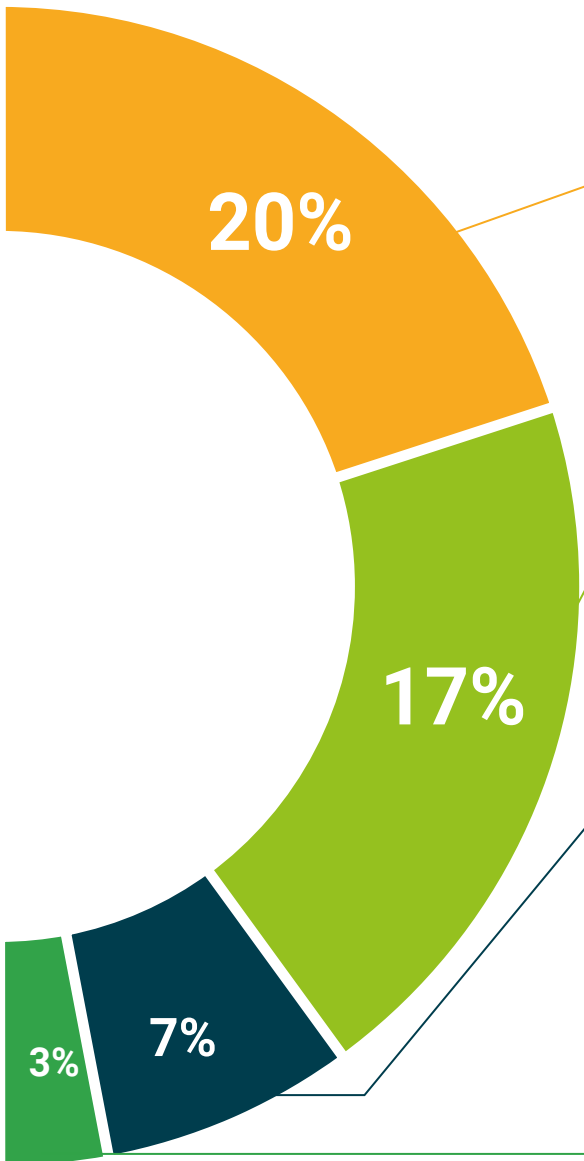
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful. Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Certificate in Nutrition in Childhood and Adolescence guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Nutrition in Childhood and Adolescence** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Nutrition in Childhood and Adolescence**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

online training

development languages

virtual classroom

**tech** technological  
university

## Postgraduate Certificate

Nutrition in Childhood  
and Adolescence

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